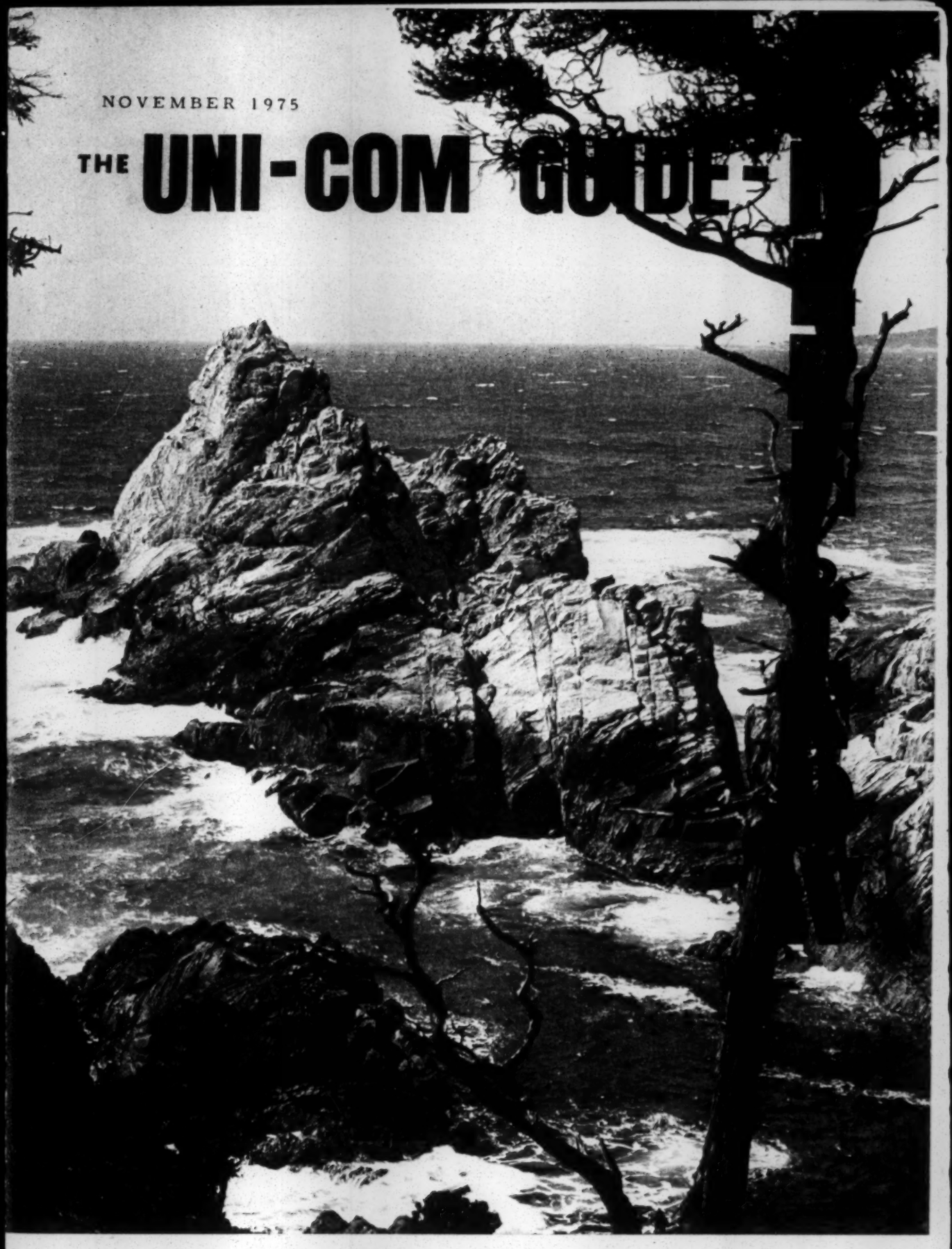
NOVEMBER 1975

THE UNI-COM GUIDE



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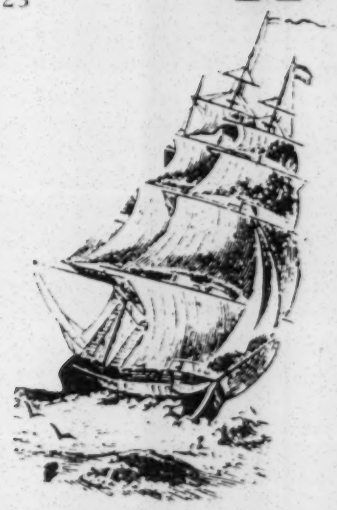

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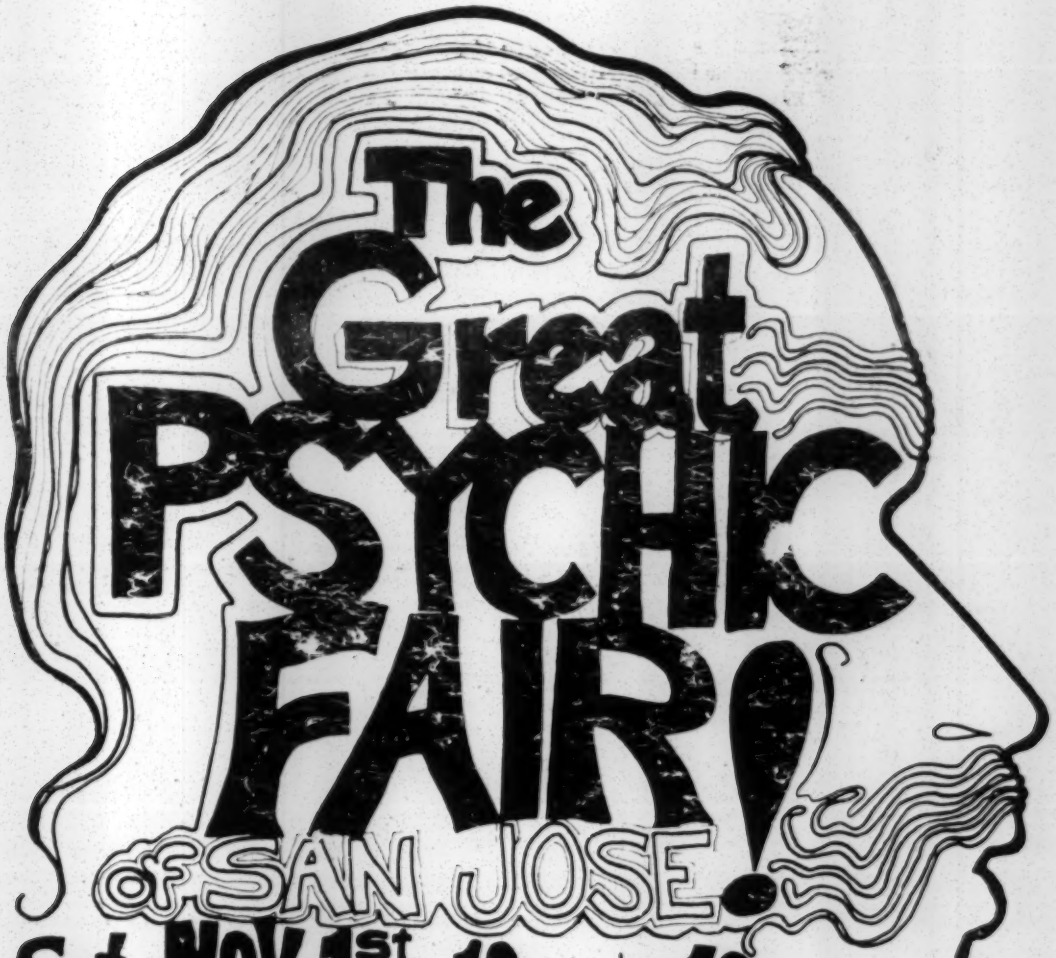
FREE WILL OR DOMINATION.

These days the question whether to follow a "leader" or to follow your own inner guidance seems to be one of great question. Many phone calls have come through our office in the last few weeks regarding different teachers and the methods that they use to recuit students or followers. We have been reluctant to take sides with any of these issues, because of the implications. However we do advice each and every student who is seeking a leader or a group to belong to or to follow to be very very careful in the selection of such person or groups.

Many groups are using quotations from the bible as provocative incentive for the seeker, many are eluding to the fact that unless you follow them you will not make the grade so to speak. Many are saying that you must do this or that with your life or you will never become the person you are supposed to be. Direction is all well and good, and each of us must live by principle and divine right action. But pray tell is divine right action blindly following someone that you have never heard of before? Is divine right action taking <u>any</u> person for granted and meekly following along behind, such because you think that person might be right?

We have suggested to people that they at least check the person or group out, but don't take one persons word for it. How long have they been on the scene? Do you know of any one else who has taken lessons or recieved good from them? What do some of the larger organizations think of them? What are they asking you to do? But better yet, Why are they asking you to do something? I am sure that when you make plans to go into the hospital for an operation, you at least want to know if the surgeon is competant, don't you? Then why on earth blindly follow a spiritual leader, just because he says he is one?

For years we have been told that we are approaching the age of the false prophet! Well my friends we have reached that age. It is no longer in the future, the time is now! I am not saying that all teachers are false prophets. Many great and wonderful teachers are abiding amongst us. But I am sure they do not ask you to give your life for them. Instead they ask you to give your life to the teachings of the masters, the great masters, and you do not have to go off to some far distant place, retreat or hide away to accomplish this feat. Nor do you have to give up all your wordly goods or your family or friends to reach the goals of higher consciousness. For when you do reach the real goals of that consciousness that all are seeking, you will find it happens right where you were conducting your every day life and fulfilling the obligations that you came to fulfill. All we ask is that from now on, STOP, LOOK, AND LISTEN, to your own inner guidance, not the consciousness that may want to escape the realities of life and the hardships. Your answers are only going to come from within anyway. Seek my friends and you will be guided by your own inner awareness. That is what it is for!



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Holiday Menus

BARBARA CAIN

There are many people today who are turning to a vegetarian diet as they seek greater spiritual growth and awareness to meet their body's dietary needs in the rising vibratory frequency which, due to astrnomical causes, is increasing rapidly.

In making the change from eating animal flesh to a vegetarian diet one may find tasty protein foods which have been prepared commercially and come either in cans or are frozen, and may be purchased in your local health food stores, and are convenient. They are made either from wheat gluten or soy and are seasoned in different ways. For those who wish to eliminate all animal products from their diet, as some of us prefer, then one would not use the frozen soy "meats", as they contain albumen (egg white) as a binder.

Those who have the time and desire to do so can make their own gluten steaks. Recipes can be found on how to do so in various vegetarian cookbooks sold in health food stores and in large bookstores.

One should also include other vegetarian sources of protein such as the legumes, nutes, seeds and grains.

EDITORS NOTE: Mrs. Barbara Cain, is the wife of Dr. Arthur Cain, chiropractor and food naturalist of Parapdise, Ca. Both have been vegetarians for many years. Mrs. Cain is known for her excellent repetore of delectable foods.

Fruit Cup topped with sprig of mint
and whole grain crackers
Fried or Baked Battle Creek Vegetable Steaks
Rice - Nut Casserole
Gravy
Favorite vegetable (broccoli, peas, brussel sprouts or beans)
Celery sticks, olives, pickles
Homemade rolls, soy margarine, berry jam
Cranberry Sauce if desired

Pumkin Pie with Pecan topping
Cammomile or Peppermint Tea or Postum

To cook Battle Creek Vegetable steaks, (comes canned), dip each piece in a mixture of equal parts of whole wheat flour and brewer's yeast and fry in vegetable oil, or margarine, or bake in oiled pan, turning so each side gets nicely browned. Save the liquid from the can of Vegetable Steaks and use it in making the gravy. If one has to make a lot of gravy, then add more water or soy milk, with some soy sauce added, to make the margarine and flour and liquid from can of vegetable steaks.

Cook 1 cup unprocessed brwon rice in 2 cups water with a little salt in a covered sucepan approximately 1 hr. over low heat, or until tender and all water is absorbed. Then add:

1 cup chopped celery
1/2 cup chopped green pepper
2 thsp. chopped fresh parsley

which have been simmered together in 1/3 cup water until barely tender.

(continued on page 20)

Crystal: The Psychic Working Tool

An Interview by Patricia Wortman

with **Frank Dorland**

The Greek word Crystal, comes from the word crystalis. Which means frozen ice or clear ice that is frozen. Search back further, we find that the word crystal means "holy water", when man invented "glass" at a later stage in history, he said "Aha, this looks like crystal, so they immediately started calling glass "crystal", In ancient times if you were a king or high authority and you wanted a "crystal glass" or goblet is was carved out of real "rock crystal", and of course it cost half a kingdom! With the advent of glass, people started making glass goblets and drinking glasses which were cut with patterns, and these in turn became known as "crystal." When someone has a carved crystal punch bowl or crystal goblets, they are really glass, which has had lead added to it to make it sparkle. By putting lead in the glass, it not only makes it sparkle, but makes it softer and easier to carve.

Patricia - Frank, many people have been wearing the "crystal balls" which are many facited. Are these crystal?

Frank - No, these are referred to has crystal, but are in reality leaded glass, with a very high content of lead, sometimes as much as 24% solid lead. These balls are molded and are used and made for the "crystal" chandelier business. They are usually found hanging from the end of a crystal chandalier. The reason they are so cheap it that they are not really crystal. If you will look in the dictionary, you will find that the word crystal ball, will tell you that it is a glass globe, when originally it was made from rock crystal. But since crystal was expensive and few people could obtain it, they were soon made from glass and still called crystal balls, so over a period of time, the dictionary also reffered to them as crystal balls. Today, very few "rock crystal balls" or jewelry are made because of the cost.

Patricia - Then what are most of the crystal balls that are advertised made from?

Frank - They are made of glass or plastic. Very few are made of rock crystal. Neither of which has the natural properties of rock crystal. Glass is an insulator, and plastic is an insulator, however, natural quartz crystal, like any flashlight battery, has a positive and a negative end. And every piece of natural quartz; no matter how tiny it is, will vibrate back and forth on a certain frequency. This makes all of our radio, television and telephones possible. If you turn your radio station, to say 1040 or 1150, that means it is vibrating at that many cycles per second, which means that the crystal is wiggling back and forth that many times per second.

Patricia - Would a small crystal have as much power as a larger one, For those who are interested in using them for "psychic work"?

Frank - To some it might not be as powerful a crystal if it were small. The size of the crystal, does not mean that it is better or not. Some people work better with a smaller crystal and some work better with a large massive one. They should work with the one that they are drawn to, not its size. The crystal all by its self is like a radio that has not been plugged in. The crystal needs someone to own it, someone to hold it or wear it. The crystal is often reffered to as a "psychic working tool" and should be regarded as a very precious thing to have and work with.

continued on page 14

A New Age Dawning

MARSHA MOSSMAN

A NEW AGE IS DAWNING. The vibration of earth is changing; mankind is rapidly evolving to a higher state of consciousness. We are beginning to take a long hard look at ourselves, to examine new horizons through parapsychology and even to review the occult sciences.

These are the days when we demonstrate our belief in the New Age by active participation in the development of our awareness, when we open the gateways of higher understanding through experiencing new ideals and concepts.

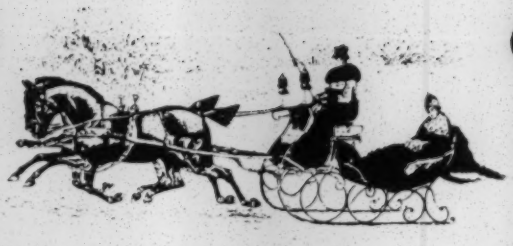
We realize that evolution takes place slowly - one day, one step at a time - we are the embryo of tomorrow's possibilities, forming and molding a consciousness based on Principles of unity with universal law and we are the children who will return in birth again to inherit what mankind has done.

So many are stepping forward to be counted - as seekers - but what is to be found after we examine all the possibilities of the psychic, and after we've taken so many classes on self-development, meditation, et al., still we must return to the simple words of Jesus -"Love Ye One Another Even As I Have Loved You". In truth the change of tomorrow is through the love of today. For the demonstration of the brotherhood of man is the most important of all. The principles and concepts of New Age thinking will stand bright for the future if we live the truths and love we have discovered that lead us towards the state of consciosness which was intended for the being of man.

There is a tremendous gap if we take these steps between the religions of old and the life of the new. Those who have travelled the orthodox road of understanding find themselves struggling with programmed interpretations of bible passages and lost in the sea of confusion of accepted ritual, therefore making necessary it seems, to throw out the baby with the bath water (the Christ teachings with the religious dogmas) in order to return to logic and reason. There comes a time when we find our new concepts being challenged in our minds by our preceeding supposed "faith". If we can then choose to evaluate not the religion of old, but to rediscover that Jesus was a man who himself found the religion of his people superficial and restrictive. He demonstrated through living in attunement with the laws of the universe the powers of Spirit - manifest in earth -and left the teachings of the faith for all that seek the light.

He saw the radicalness of man's added ideas and often chose to break them and expose them for what they were. His spirit gave him the wisdom to live by and with the laws of the universe. Isn't this the role of the serious New Age student of New Age consciousness. We seek within, casting off off all that we illogically accepted, and we begin again to think for ourselves, to re-evaluate life in its appearance and life as it truly is. Where there are differences we have to make a choice between the false atmosphere of society's orientation and the humble path of truth - life as it is experienced from within. We find the path before us ever changing, ever evolving as we make those choices to live the life and follow the path of the Master.

We unravel through the scanes of time and space our enmeshment through the fall to return to the Divine inheritance of Co-Creatorship and become again the Sons and Daughters of God.



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NOV 1 — Sat — 8-5 — $2 — $

LOS ANGELES
WORLD PEACE DEPENDS ON YOU, a Los Angeles Area ICC program. Speakers will be: DR. JAMES BEATTY: HOWARD RAY CAREY: FILIS FREDERICK: DR. LELAND WILSON: ROBLEY GEORGE:" REV. ESTELLE PRINS: TOM CAREY, plus a speakers panel and literature tables. Registration will be at: 8:45 Am. Location: University of Southern California campus, Hancock Aud., Los Angeles.

NOV 1 — Sat — 10-4 — $10

LOS ANGELES
LODESTAR SEMINAR, featuring EARLYNE CHANEY, presented by Astara. Teachings by Earlyne Chaney that will be illustrated by slides and demonstrations. Call or write Dr. Rudolfo Silva, Registrar at 261 S. Mariposa Ave., Los Angeles. Seminar will be held at the Scottish Rite Temple, 4357 Wilshire Blvd., Los Angeles.

NOV 1 — Sat — 8 PM — $3

LOS ANGELES
ASTROLOGY: HOW MUCH FREE WILL DO WE HAVE? with speaker TED GORMICK. Anderson Research Center, 3960 Ingraham St., Los Angeles.

NOV 1-2 — Sat-Sun — 9-6 — $35

SAN DIEGO
A TWO DAY EDUCATIONAL WORKSHOP ON UNIVERSAL PSYCHIC SCIENCE, presented by San Diego State University, in cooperation with the Unarius Foundation. For information contact the Unarius Foundation, 145 S. Magnolia Blvd., El Cajon or call: 714-447-4170. U.S. Grant Hotel, 326 Broadway, San Diego, Ca. 92101.

NOV 1-2 — Sat-Sun — 10-6 — Fee

SAN JOSE
THE GREAT PSYCHIC FAIR, with readings by many of the areas leading psychics. $ for each reading. Eagles Hall, 152 N. 3rd St., San Jose. For information call: 415-961-9399

NOV 2 — Sun — 8 PM

CAMPBELL
HOW TO FIND YOUR GUIDE TO AWARENESS & TRANQUILITY with guest speaker REV. M. LEE SMITH, Inner Wisdom minister, teacher, and inspiring speaker. Messages and healing after the service. Dress Comfortably. Church of Inner Wisdom, 236 W. Campbell Ave., Campbell.

NOV 2 — Sun — 11 AM

LOS ANGELES
THE MYSTERY OF GIVING with RODOLFO SILVA as the guest speaker. Astara, 261 S. Mariposa Ave., Los Angeles.

NOV 2 — Sun — 11AM

NORTHRIDGE
KARMIC LAW OF DESTINY with special guest speaker SWAMI PARAMPANTHI as the morning speaker. Picnic lunch and fellowship following the service. Unity-In-Diversity Center (ICC), 17819 Roscoe Blvd., Northridge.

NOV 2 — Sun — 7:30 PM

REDWOOD CITY
"ALL SOULS NIGHT" by many sesitives demonstrating various spirtual gifts. Spirit painting, voices from a trumpet, independent messages, indentification from the "other side", aura reading, tuning in to photographs, checking on well being of those in the next dimension. Bring picture or handwriting. Trinity Center, 149 Clinton St. Redwood City.

NOV 2
Sun
11 AM

SAN FRANCISCO
HOW TO CONQUER GUILT AND SIN with DR. JAMES PLAUGHER as speaker for the Sunday morning service at the San Francisco Ashram, 2650 Fulton St., San Francisco.

NOV 2
Sun

SAN FRANCISCO
UNITY IN DIVERSITY CENTER presents a Sunday program of 9:30 Am Universal Development Group: Esperanto; 11 AM - Universal Development Service; 12 PM - Vegetarian Lunch, donation; 1:30 PM - Fellowship for personal growth & Planetary Service; 7 PM - World Festival Choir; 8 PM - Drama Group. Unity-In-Diversity-Center, 2822A Van Ness Ave., San Francisco.

NOV 3
Mon
7:30 PM

SAN JOSE
"LOVE-IN" A weekly getoghter of graduates of the Living Love Center or any one who has read "Handbook to Higher Consciousness" by Ken Keyes Jr. -- 1694 The Alameda, San Jose. (For information call: Jay Arrigo, 247-5788.

NOV 4
Tues.
7:30 PM

SAN JOSE
PSYCHIC DEVELOPMENTS classes taught by REV. AFTON GUENTHER. A continuous open class each Tuesday evening. at 5265 Taft Dr., San Jose.

NOV 5-26
Weds
7:30 PM
$20

FRESNO
JUNG, DREAMS AND THE INNER QUEST, a series which will serve as an introduction to the inward expression as described by Swiss psychiatrist, Carl Jung. Open to all who are interested in learning how to say no!. High Point Foundation. Class to take place at 540 W. Stuart St., Fresno.

NOV 5
Wed
7:30 PM
$2

SANTA CRUZ
"JIN SHIN JYUTSU" a form of accupressure circulation of Chi energy will be discussed by VIVA WATSON. Massuese. Santa Cruz Parapsychology Research and Development Center. 1307 Seabright Ave., Santa Cruz.

NOV 7
Fri
8 PM
$3

LOS ANGELES
MEDITAION WITH HERBS by SAM PIERSON and SUSAN BRAUN at Anderson Research Center, 3960 Ingraham St., Los Angeles.

NOV 7
Fri
8 PM
$2

SAN JOSE
"THE PYRAMIDS" with BILL COX. Editor and publisher of the " Pyramid Guide. a world travelor and lecturer. The secrets of the ancients revealed in channeling energy through the pyramid form. The Family of Man, San Jose City College. 2100 Moorpark Ave., San Jose.

NOV 8
Sat
8 PM
$3

LOS ANGELES
WHAT YOUR EYES CAN TELL ABOUT YOUR HEALTH AND FUTURE with speaker EDNA MacDONALD. Anderson Research Center, 3960 Ingraham St., Los Angeles.

NOV 8
Sat
10-6

SANTA CRUZ
SPIRITUAL READ-IN & HEALING DAY. Includes one $5.00 reading per person. Santa Cruz Parpasychology Research & Development Center, 1307 Seabright Ave., Santa Cruz.

NOV 8
Sat
10-5
$10

SAN JOSE
A workshop - Exploring the Basis of our Begingness, our bodies. FAITH HORNBLOWER. Presented by the Family of Man. For info., please call: 292-0566 or 374-0162. Enlightenment Bookstore, 1964 The Alameda, San Jose.

NOV 9
Sun
8 PM

CAMPBELL
FILMS OF PSYCHIC SURGERY HEALERS IN THE PHILIPPINES & HOW IT IS DONE to be shown by NINA KMIECINSKI of Watsonville. Messages and Healing after the service. Dress comfortably. Church of Inner Wisdom, 236. W. Campbell Ave., Campbell.

NOV 9 Sun 11 AM — LOS ANGELES
BEYOND PYRAMID POWER with author lecturer PAT FLANIGAN. ROBERT CHANEY will conduct the healing service. Astara, 261 S. Mariposa Ave., Los Angeles.

NOV 9 Sun 11 AM — NORTHRIDGE
THE CREATIVE APPLICATION OF THE THIRD FORCE PSYCHOLOGY OF ABRAHAM MASLOW with FRANK GOBLE, founder of the Thomas Jefferson Research Center, Unity-In-Diversity Center (ICC), 17819 Roscoe Blvd., Northridge.

NOV 9 Sun — SAN FRANCISCO
A Sunday program of:
9:30 AM - Universal Development Group: Esperanto
11 AM - Universal Development Service
12 Noon - Vegetarian Lunch (donation)
1:30 PM- Fellowship for personal growth & Planetary service.
7:00 PM World Festival Choir
8 Pm - Drama Group
Unity-In Diversity Center, 2822 A Van Ness Ave. San Francisco

NOV 9 Sun 11 AM — SAN FRANCISCO
THE INTEGRAL PATH TO PERFECTION with Mr. Anderson as the morning speaker a the San Francisco Ashram, 2650 Fulton St., San Francisco.

NOV 9 Sun 11 AM — SANTA MONICA
SEX AND LOVE IN THE NEW AGE with special speaker PEGGY SHACKELTON. New Age Bible and Philosophy Center, 1139 Lincoln Blvd., Santa Monica.

NOV 9 Sun 7:30 PM — REDWOOD CITY
THE PINNACLES OF FAITH by REV. BETH GRAY, Pastor of TMC. Faith is purely a scien ic affair, as is all true religion. When God is taken from the sky and put inot the heart, paganism will disappear. Trinity Center, 149 Clinton St., Redwood City.

NOV 12 Wed 7:30 PM $2 — SANTA CRUZ
THE MARCO LOVE STORY, & A Marco philosophy for the Aquarian Age. Santa Cruz Parpsychology Center, 1307 Seabright Ave., Santa Cruz.

NOV 13 Thur 8 PM $4 — OAKLAND
HEALTH AND ILLNESS: OUR HEALTH, OUR BODIES, OUR SELVES with DR. JAMES FADIMAN, sponsored by the Noetics Education Association. Kaiser Auditorium, 300 Lakeside Dr., Oakland.

NOV 14 Fri 8 PM $3 — LOS ANGELES
REBALANCING THE NERVOUS SYSTEM WITH REICIAN THERAPY with speaker VANCE NORMAN. Anderson Research Center, 3960 Ingraham St., Los Angeles.

NOV 14 Fri 8 PM $2 — SAN JOSE
LOLA RUSSELL. WHAT IS BEHIND THE PSYCHIC PHOTO OF LOLA RUSSELL? Taken at age four, this unusual photo has acquired 19 faces since first taken. Hesr her tell her own story. Family of Man, San Jose City College, 2100 Moorpark, San Jose.

NOV 16 Sun 8 PM — CAMPBELL
UNDERSTANDING THE MIND with dynamic guest speaker LEODE FRANKLIN, Yoga study group leader and active with the California Inner Circle. Messages and Healing adter the service. Dress comfortably. Church of Inner Wisdom, 236 W. Campbell Ave., Campbell.

NOV 16 Sun 11 AM — LOS ANGELES
WHAT DOES IT COST TO BE HEALED? with ROBERT CHANEY. speaking at the morning service.
HEALING CHAPEL at 2 PM. A special service conducted by Robert Chaney - group and individual healing.
Astara, 261 S. Mariposa Ave., Los Angeles.

NOV 16 Sun 11 AM — NORTHRIDGE
IMPLEMENTATION OF CREATIVE UNDERSTANDING with JACK HORNER, Founder of the Personal Creative Freedoms Foundation.
Unity-In-Diversity Center, (ICC), 17819 Roscoe Blvd., Northridge.

NOV 16 Sun — SAN FRANCISCO
9:30 AM - Universal Development Group:. Esperanto; 11 AM - Universal Development Service; 12 Noon - Vegetarian Lunch, donation; 1:30 PM - Fellowship for personal growth & planetary service; 7 PM - World Festival Choir; 8 PM Drama Group.
Unity-In-Diversity Center, 2822A Van Ness Ave., San Francisco.

NOV 16 Sun — SAN FRANCISCO
HOW TO CONQUER DESIRE with SWAMI DHRUVA as the morning speaker at the San Francisco Ashram, 2650 Fulton St., San Francisco.

NOV 16 Sun 11 AM — SANTA MONICA
GETTING OFF THE WHEEL -- THE CHALLENGE OF THE NEW AGE with special guest speaker REV. DAVID ALLEN at the New Age Bible and Philosophy Center, 1139 Lincoln Blvd., Santa Monica.

NOV 19 Wed 7:30 PM $2 — SANTA CRUZ
WHITE WITCHCRAFT & THE INNER MAN will be presented by REV. DOROTHY ANDREWS. Santa Cruz Parpasychology Research & Development Center, 1307 Seabright Ave. Santa Cruz.

NOV 21 Fri 8 PM $2 — SAN JOSE
DON PLYM, author of "2150" and "Marco Philosophy in the Aquarian Age" will be the evening speaker. Mr. Plym is from Arizona. The Family of Man. Syposium In Consciousness, San Jose City College, 2100 Moorpark Ave., San Jose. (Music Room)

NOV 22 Sat 8 PM $3 — LOS ANGELES
THE STRANGE PHENOMENA PF BEING ANOTHER PERSON with speaker DR. JAMES MALKOVICH. Anderson Research Center, 3960 Ingraham St., Los Angeles.

NOV 22 Sat 10-6 $6 — SANTA CRUZ
Symposium in Consciousness presents:

GAYNE MYERS ---------- UFO'S
MARCEL VOGEL ---------- CRYSTALS
DAL & SILVIA BROWN ----------
DREAM INTERPRETATION & ANALYSIS
ALAN VAUGHAN-------PSYCHIC CONSCIOUSNESS
NORMA DART POPE
and featuring THE CELESTIAL CHOIR

Santa Cruz Parapsychology Center
1307 Seabright Ave., Santa Cruz

NOV 23
Sun
11 AM

NORTHRIDGE
ALL CULTURE IS ONE with AUGUSTINE LA FONTAINE of Neighbors International. A day of Indonesia. The afternoon workshop will include films, batik demonstrations and possible music and dance. Unity-In-Diversity Center (ICC), 17819 Roscoe Blvd., Northridge.

NOV 23
Sun

SAN FRANCSICO.
9:30 AM - Universal Development Group: Esperanto; 11 AM - Universal Development Service; Noon - Vegetarian Lunch, donation; 1:30 PM - Fellowship for personal growth & Planetary Service.; 7 PM - World Festival Choir; 8 PM - Drama Group. Unity-In-Diversity Center, 2822A Van Ness Ave., San Francisco.

NOV 23
Sun
11 AM

SAN FRANCISCO
THE MAGIC OF THANKSGIVING with morning speaker DR. JAMES PLAUGHER. San Francisco Ashram, 2650 Fulton St., San Francisco.

NOV 23
Sun
11 AM

SANTA MONICA
FOOLISH PROPHETS with speaker EVANS WATERMAN at the New Age Bible and Philosophy Center, 1139 Lincoln Blvd., Santa Monica.

NOV 28
Fri
8 PM
$2

SAN JOSE
MARSHA MOSSMAN Foundaer and Minister of the Family of Man, teacher, lecturer on Universal Law and Concept Living will be the evening speaker. Family of Man's Symposium in Consciousness, San Jose City College, Music Room, 2100 Moorpark Ave., San Jose.

NOV 29
Sat
8 PM
$3

LOS ANGELES
BECOME FREE TO BE HAPPY: A NEW APPROACH by AMELIA BREIT. Anderson Research Center, 3960 Ingraham St., Los Angeles.

NOV 30
Sun
8 PM

CAMPBELL
THE HEALING POWER OF THE SUBCONSCIOUS MIND with guest speaker JEANNE WEST, professional hypnotist who works with plastic surgeons, psychiatrists, etc. in the medical profession. Dress comfortably. Church of Inner Wisdom, 236 W. Campbell Ave., Campbell.

NOV 30
Sun
11 AM

LOS ANGELES
THE GRACE ABOUNDING with SWAMI PARAMPANTHI speaking. RODOLFO SILVA, healing service. Astara, 261. S. Maiposa Ave., Los Angeles.

NOV 30
Sun
11 AM

NORTHRIDGE
JEWISH NEW AGE GROUP - Hanukah Festival of Lights Celebration with Shashonim Musical Ensemble. Unity-In-Diversity Center (ICC) 17819 Roscoe Blvd., Northridge.

NOV 30
Sun

SAN FRANCISCO
MEDITATION & CREATIVITY with SRI HARI'S TAPE at the morning services at the San Francisco Ashram, 2650 Fulton St., San Francisco.

NOV 30
Sun

SAN FRANCISCO
9:30 AM - Universal Development Group: Esperanto; 11 AM - Universal Development Service; Noon - Vegetarian Lunch, donation; 1:30 PM - Fellowshio for personal growth & planetary service. Unity-In-Diversity Center, 2822A Van Ness Ave., San Francisco.

NOV 30
Sun
11 AM

SANTA MONICA
THE HOPE OF THE WORLD with special speaker VINCENT RYAN at the New Age Bible and Philosophy Center, 1139 Lincoln Blvd., Santa Monica.

DEC 1
Mon
8 PM
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LOS ANGELES
HOW TO BANISH GUILT FEELINGS VIA PRECISION PSYCHODRAMA with DR. L. O. ANDERSON. Anderson Research Center, 3960 Ingraham St., Los Angeles.

continued from page 6

Patricia - Frank I have had a lot of questions regarding the different types of crystal, amythest, clear quartz, penduliums and what do you do with them?

Frank - There are many grades of cyrstal, the electronic grade is the clear, transparent crystal. It should be one single point (for an individual working with a cyrstal) if you have two points, two crystals that have grown together, their will be two wave length or vibrations, because it is two twins. So that is not the proper crystal for electroinic purposes. We check all of our crystals and make sure that they are electronic crystal, clear and have a balance of positive and negative. An electronic crystal can be amythest, clear, citrene or smoky. Many people think that the smoky crystal is more powerful than the clear transparent crystal, It isn't neccasrily so, it mainly depends on your ancestorial background. Those with European backgrounds of England or Scotland, would probably think that the smoky quartz was best because that is what was most common around that area. This would be engraved in your subconscious, and you would think it best, but not probably understand why. But if you are tied to Mexico or Egypt, you would think that the clear crystal was by far the best. If you were associated with Greece, you would also like the clear crystal, because they reffered to it as the "clear ice" or "holy water".

Patricia - Then the color does not make a difference, just the quality of the crystal itself?

Frank - No, as long as it is electronic and it is tranparent. If it is not transparent then it can not be electronic quality. There would be too many impurities. Most of the good grade of clear crystal now comes from Brazil. The impuritites would be bubbles or other objects inmbedded in the crystal. However rutilated quartz is electronic, but expensive. The rutilzation is either, gold, silver or sometimes a black color, these are titanium oxide needles. Today crystals are being grown for use in the electronic field. You can take a piece of crystal break it and put it under the right kind of conditions of heat, pressure and nutrient and it will grow, because crystal is alive. It is not dead, therefore it is used as a conductor in electronics, radios, television sets, etc.

Patricia - What causes a cyrstal to turn cloudy?

Frank - When we had the cyrstal skull, it would turn cloudy when certain people were around it. But after a while it would clear up again. These stones are very 'sensitive' to vibrations of the things and people around them. All you have to do to clear a crystal is put it under running water or out in the sunshine for a few minutes. But never after it has been worked with. The crystal must have a chance to 'cool down'. The crystal can shatter if it is washed right after using. So be sure and wait a few hours before it is washed. The crystal absores all the energy from a person and when it is put under water, it is grounded from it. One of the ways of telling if a piece is crystal is that it is cold when it has not been used and is first picked up. If not it might be glass. However this is only one test.

Patricia - What does it mean when you hold a crystal and it gets hot?

Frank - It means that the molucles are reacting to your energy. It is like a radio when its plugged in it gets warm because it is working.

Patricia - How do people program a crystal, and also why should they?

Frank - A crystal is alive, just as you and I. For example say that I put one of my crystals on and don't do anything to it. I walk down the street and someone says,

(continued on page 21)

"Look at that stupid guy, isn't he a mess". My subconscious picks it up and feeds it to me, and soon I am saying "Gee, I feel terrible, whats the matter with me?" So a crystal must be programmed for your own use and protection. The crystal can be used as a tool "a psychic working tool", it can be used as a buffer for things that go on around you.

Patricia - What is the advantage of using crystal? Why not use glass or plastic?

Frank - As we have said before crystal is alive, it has a computor memory storage and retains within what it is programmed with. Glass or any object that can be used for concentration can be used to pull your thoughts or psyche together, but do not retain or vibrate. Crystal is a conductor, its like a reflecting antenna, its an amplifier. The secret of our solid state. One crystal is not like another, they are all different and therefore vibrate to different wave lengths. The reason crystals are made for electronic use is that by adding certain impurities, they can vibrate to different wave lengths. And make what is known as solid state, thus the vacumn tube no longer has to be used in radios. Natural crystal has been seasoned over thousands of years and does not change frequencies as do the man made crystal. Crystal is a tool that can be used to help open your own eyes. It can assist in your meditations, it can assist in developing your psyche. Crystal can be used for your protection, If you have apiece of crystal work with it, and talk to it.

Patricia - Why, when you make the jewelry do you always use silver with the crystal?

Frank - Silver is the sign of the moon, so is crystal, so they go together.

Patricia - Why does crystal make a better pendulum than other substances?

Frank - Since crystal is a conductor it is actually working with the subconscious. Most people are kidding themselves when they think they are tunning in, unless they have had a lot of practice and have made sure that they are in contact with the subconscious. Crystal being alive, can become an extension of you, and therefore can be easliy programmed to work with you and give you simple answers. But a little study and clearing and cleansing should be done before working with the crystal, just as you would do in doing anywork on the psychic level.

Editors Note: Crystal pieces, crystal jewelry and other crystal items made by Frank Dorland, may be obtained from the Crystal Lite Products company advertised in the Uni-com Guide.

ABOUT Frank Dorland.
Frank Dorland, is a crystalographer, and long time student of metaphysics and parpasychology. He and his wife Mabel, did six years of research on the "Crystal Skull" of which a book has been written called "The Crystal Skull" by Richard Garvin. For further information about the skull and background on crystal please refer to the October 74 issue of the Uni-Com Guide.

(continued from page 14)
Mix the cooked vegetables with cooked rice, and add:

2/3 cup chopped Brazil Nuts (or blanched almonds)
2/3 cup ground Sesame Seeds
1/2 cup ground Sunflower Seeds

*If you do not have a nut grinder to grind the seeds fine, you can purchase the Sesame Seed meal and Sunflower Seed meal in health food stores. (It takes 1/2 cup Sesame Seeds to make 2/3 cup ground, and 1/3 cup Sunfloer Seeds to make 1/2 cup ground).

2 tbsp. Soy Sauce
1 tbsp. Vegetable Oil
1 tbsp. Brewer's Yeast
1 tsp. Poultry Seasoning
1 tsp. Rubbed Sage Seasoning
1/8 tsp. Cumin

Mix all ingredients together thoroughly and pack tightly in a greased mold-star-shaped mold, ring mold, or use casserole dish. Use margarine to grease it and it will come out better than if oil is used. Bake in moderate oven 350 degrees for about 40 or 50 minutes. Unmold on plate and garnish with sprigs of parsley, or place in center of large platter and place slices of fried or baked Vegetable Steakes around it. Serve with brown gravy.

1 unbaked 9" pie shell
1 3/4 cup cooked pumkin
3/4 cup brown sugar
1 tsp. cinnamon
1/2 tsp. sea salt
2 rounded tbsp. cornstarch (or 2 tbsp. fine yellow cornmeal may be used)
1 2/3 cup rich soy milk (made consistency of cream)
1/2 tsp. baking powder

Topping: 2 tbsp. soy margarine
1/3 cup brown sugar
1/2 cup chopped pecans (plus a few whole)
2 tbsp. well drained crushed pineapple

Combine cornstarch with pumkin. Add sugar, cinnamon, salt and baking powder. Stir in milk and bake in pie shell for one hour. Start at 400 degrees and reduce heat to 350 degrees after 20 minutes. Bake approximately 1 hr. or until it is done in center. In saucepan melt margarine, stir in 1/3 cup sugar and pineapple and cook until sugar is dissolved and it thickens a little. Stir in pecans. Cool slightly, then form a ring of pecan mixture on top of baked pumkin pie.

Dear Friends,

Outside my window the leaves are falling and all nature is going into a pattern of change. We call this season by many names, perhaps the most popular being that of Fall. It is a time of letting go of the old so that we can experience the new birth come December, for at that time we reach one of the highest points in consciousness of any time in the year.

It has been written that we must empty the cup before it can be filled. It is now time to let go of anxieties, frustrations, hostilities, and all these other negative emotions and let them drift away like the Fall leaves drift from the trees so that we can then prepare for the celebration of birth. Now is the time to empty the cup and make ready for the celebration of Light and Life.

Much love,

Lois

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Interview: Ernest Villanueva, Jr.; Medicine Power, Brad Steiger; Psychic Research & Humanity's Future, Edgar Mitchell.

#44 - Aug., 1974
Interview, Bernadene Villanueva; exorcism, Bella Karish; Bermuda Triangle, Anthony Benik;

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How To Become A parapsychologist, Dr. Gina Cerminara; Different or Similar Roads, Robert Prete; The Seed of Understanding, Robert Bearns; Interview, Anthony Benik.

#46 - Oct. 1974
Crystals & The Aquarian Age, Dr. Frank Dorland; What Is Truth?, Fred & Patricia Andrews; Atlantean Fire Crystals; Dr. Daniel Fry; Getting To Know Your Aura, Jean Thatcher.

#47 - Nov. 1974
Communicating with Plants, Dr. Marcel Vogel; Bermuda Triangle (continuation), Anthony Benik; Devlopments in the Law, Leonard Worthington; Kundalini: Key to Human Evolution, John White.

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A Doctors Viewpoint on Biofeedback, Janus; Interview, Olivia Skinner; Healing Center For The Whole Person; Unwarrented Persecutions Must Cease, Leonard Worthington.

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Light Station; Planetary Citizens; Astara; Interview with Don Thorington.

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